

Full Report (All Nutrients) 01284, Yogurt, Greek, strawberry, lowfat

Report Date: July 05, 2017 00:23 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (5.3 oz) 150g
Proximates					
Water 1	g	76.81	9	0.044	115.22
Energy	kcal	103	--	--	154
Energy	kJ	432	--	--	648
Protein 1	g	8.17	9	0.057	12.26
Total lipid (fat) 1	g	2.57	9	0.053	3.85
Ash 1	g	0.56	9	0.021	0.84
Carbohydrate, by difference	g	11.89	--	--	17.84
Fiber, total dietary 1	g	1.0	1	--	1.5
Sugars, total 1	g	11.23	6	0.095	16.84
Sucrose 1	g	4.43	6	0.080	6.64
Glucose (dextrose) 1	g	0.54	6	0.047	0.81
Fructose 1	g	3.36	6	0.030	5.04
Lactose 1	g	2.37	6	0.038	3.56
Maltose 1	g	0.00	6	0.000	0.00
Galactose 1	g	0.53	6	0.005	0.80
Starch 1	g	0.00	2	--	0.00
Minerals					
Calcium, Ca 1	mg	88	9	0.871	132
Iron, Fe 1	mg	0.07	9	0.002	0.11
Magnesium, Mg 1	mg	10	9	0.085	15
Phosphorus, P 1	mg	109	9	0.818	164
Potassium, K 1	mg	129	9	1.120	194
Sodium, Na 1	mg	33	9	0.369	50

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Zinc, Zn 1	mg	0.41	9	0.007	0.61
Copper, Cu 1	mg	0.019	9	0.001	0.029
Manganese, Mn 1	mg	0.036	9	0.001	0.054
Selenium, Se 1	µg	9.6	5	0.390	14.4
Vitamins					
Vitamin C, total ascorbic acid	mg	0.7	--	--	1.1
Thiamin	mg	0.037	--	--	0.056
Riboflavin 1	mg	0.235	5	0.028	0.352
Niacin 1	mg	0.205	5	0.003	0.307
Pantothenic acid 1	mg	0.394	4	0.008	0.591
Vitamin B-6 1	mg	0.049	5	0.001	0.074
Folate, total	µg	9	--	--	14
Folic acid	µg	0	--	--	0
Folate, food	µg	9	--	--	14
Folate, DFE	µg	9	--	--	14
Choline, total 2	mg	14.0	--	--	21.0
Vitamin B-12 1	µg	0.50	4	0.056	0.75
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	31	--	--	46
Retinol	µg	30	--	--	45
Carotene, beta 1	µg	7	2	--	10
Carotene, alpha 1	µg	0	2	--	0
Cryptoxanthin, beta 1	µg	0	2	--	0
Vitamin A, IU	IU	111	--	--	166
Lycopene 1	µg	0	2	--	0
Lutein + zeaxanthin 1	µg	7	2	--	10
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.03
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	2	--	0.0
Vitamin D2 (ergocalciferol) 1	µg	0.0	2	--	0.0
Vitamin D3 (cholecalciferol) 1	µg	0.0	2	--	0.0
Vitamin D 1	IU	0	2	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0

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Lipids					
Fatty acids, total saturated	g	1.599	--	--	2.398
4:0 1	g	0.060	2	--	0.090
6:0 1	g	0.046	2	--	0.069
8:0 1	g	0.031	2	--	0.047
10:0 1	g	0.084	2	--	0.126
12:0 1	g	0.081	2	--	0.121
14:0 1	g	0.254	2	--	0.381
15:0 1	g	0.027	2	--	0.041
16:0 1	g	0.746	2	--	1.119
17:0 1	g	0.017	2	--	0.026
18:0 1	g	0.250	2	--	0.375
20:0 1	g	0.003	2	--	0.005
22:0 1	g	0.000	2	--	0.000
24:0 1	g	0.000	2	--	0.000
Fatty acids, total monounsaturated	g	0.650	--	--	0.975
14:1 1	g	0.025	2	--	0.037
15:1 1	g	0.000	2	--	0.000
16:1 undifferentiated 1	g	0.042	--	--	0.063
16:1 c 1	g	0.034	2	--	0.051
16:1 t 1	g	0.008	2	--	0.012
17:1 1	g	0.005	2	--	0.007
18:1 undifferentiated 1	g	0.573	--	--	0.859
18:1 c 1	g	0.522	2	--	0.783
18:1 t 1	g	0.052	2	--	0.078
20:1 1	g	0.005	2	--	0.007
22:1 undifferentiated 1	g	0.000	--	--	0.000
22:1 c 1	g	0.000	2	--	0.000
22:1 t 1	g	0.000	2	--	0.000
24:1 c 1	g	0.000	2	--	0.000
Fatty acids, total polyunsaturated	g	0.113	--	--	0.169
18:2 undifferentiated 1	g	0.092	--	--	0.138

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18:2 n-6 c,c 1	g	0.067	2	--	0.101
18:2 CLAs 1	g	0.011	2	--	0.017
18:2 t not further defined 1	g	0.014	2	--	0.021
18:3 undifferentiated 1	g	0.011	--	--	0.017
18:3 n-3 c,c,c (ALA) 1	g	0.011	2	--	0.017
18:3 n-6 c,c,c 1	g	0.000	2	--	0.000
18:3i 1	g	0.000	2	--	0.000
18:4 1	g	0.000	2	--	0.000
20:2 n-6 c,c 1	g	0.000	2	--	0.000
20:3 undifferentiated 1	g	0.003	--	--	0.005
20:3 n-6 1	g	0.003	2	--	0.005
20:4 undifferentiated 1	g	0.004	2	--	0.006
20:5 n-3 (EPA) 1	g	0.000	2	--	0.000
22:4 1	g	0.000	2	--	0.000
22:5 n-3 (DPA) 1	g	0.002	2	--	0.003
22:6 n-3 (DHA) 1	g	0.000	2	--	0.000
Fatty acids, total trans	g	0.074	--	--	0.111
Fatty acids, total trans-monoenoic	g	0.059	--	--	0.088
Cholesterol 1	mg	12	2	--	18
Amino Acids					
Tryptophan	g	0.025	--	--	0.037
Threonine	g	0.179	--	--	0.268
Isoleucine	g	0.238	--	--	0.357
Leucine	g	0.440	--	--	0.660
Lysine	g	0.392	--	--	0.588
Methionine	g	0.129	--	--	0.194
Cystine	g	0.040	--	--	0.060
Phenylalanine	g	0.238	--	--	0.357
Tyrosine	g	0.221	--	--	0.331
Valine	g	0.362	--	--	0.543
Arginine	g	0.132	--	--	0.198
Histidine	g	0.108	--	--	0.162
Alanine	g	0.187	--	--	0.281

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (5.3 oz) 150g
Aspartic acid	g	0.347	--	--	0.520
Glutamic acid	g	0.856	--	--	1.284
Glycine	g	0.105	--	--	0.158
Proline	g	0.518	--	--	0.777
Serine	g	0.271	--	--	0.407
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD